

Abstract

Title: Fitness training in basketball

Objectives: The main aim of this thesis is to summarize and organize the knowledge about fitness training of basketball players and furthermore to classify the development of individual fitness abilities within the yearly training cycle.

Methods: This work is done in the form of a literature review using the method of relevant literature sources analysis.

Results: This thesis deals with aspects of fitness preparation, where basketball players focus themselves on the development of speed-force abilities, which are decisive for the performance of players. A chapter concerning the need for individualization of trainings is included for the scope of increasing fitness effectiveness preparation. To prevent injury, there is an important part about warming up and regeneration of basketball players.

Keywords: fitness training, basketball, power, speed, endurance, coordination, flexibility